

**IN THE CLAIMS:**

**AMENDMENTS TO THE CLAIMS**

What is claimed is:

Claims 1-28 (cancelled)

Claim 29 (currently amended) A weight loss method comprising: fitting a person tightly with a waist chain such that as said person's weight increases, said waist chain becomes increasingly tight, wherein said waist chain comprises:

- a. plurality of links;
- b. a plurality of coupling members which connect said plurality of links, thereby forming a chain, said chain comprising two ends;
- c. at least one end connection member which is connectable to both of said ends of said chain such that said chain becomes continuous; and
- d. said plurality of coupling members are rotatably connected to said plurality of links.

Claims 30-44 (withdrawn)

Claim 45(new) The weight loss method of claim 29, wherein said waist chain further comprises at least one end link, said end link being connectable to one or both ends of said chain and to said end connection member.

Claim 46 (new) The weight loss method of claim 45, wherein said end connection member is a hollow cylinder comprising a sidewall.

Claim 47 (new) The weight loss method of claim 46, wherein said end connection member further comprises at least one opening in said sidewall, wherein at least one of said ends of said chain extends through one said opening in said end connection member and said at least one end link prevents said end of said chain from passing out of said opening in said end connection member.

Claim 48 (new) The weight loss method of claim 47, wherein said end link is permanently connectable to at least one of said ends of said chain.

Claim 49 (new) The weight loss method of claim 47, wherein said end link is removably connectable to at least one of said ends of said chain.

Claims 50 (new) The weight loss method of claim 47, wherein said links, said coupling members, said end link, and said end connection member are constructed of metal.

Claim 51 (new) The weight loss method of claim 50, wherein said metal is stainless steel.

Claim 52 (new) The weight loss method of claim 45, wherein said plurality of links are spherical.

Claim 53 (new) The weight loss method of claim 45, wherein said plurality of links are hollow.

Claim 54 (new) The weight loss method of claim 45, wherein said plurality of links are slidably connected to said plurality of coupling members.

Claim 55 (cancelled) The weight loss method of claim 45, wherein said plurality of coupling members are rotatably connected to said plurality of links.

Claim 56 (new) The weight loss method of claim 45, wherein said plurality of coupling members are rod-shaped.

Claim 57 (new) The weight loss method of claim 45, wherein said end connection member is permanently connectable to at least one of said ends of said chain.

Claim 58 (new) The weight loss method of claim 45, wherein said end connection member is removably connectable to at least one of said ends of said chain.